

May the blessings of Christmas abide with you

(By the Rev. Edward Geiser, Pastor of Our Lady of Perpetual Help and Our Lady of Guadalupe Catholic Churches)

On this Solemn Feast of the Birth of Our Saviour, my prayer for all is: May you have the peace that comes from Christ Our Saviour. Christ said: "Peace I have with you, peace I give you." This is what the world needs to overcome the many trials and crosses the people of the world are faced with.

May the peace of Christ reign within you.

A joyful and happy Christmas to one and all.

Food Prices Up, Consumption Goes Down

Americans are eating less, and it's a good bet that high food prices have something to do with that, too.



Served with our very best wishes for a festive Yuletide!

Jack's RESTAURANT & COFFEE SHOP

JACK AND ERLINE LISTOWSKI - EAGLE LAKE

PEACE

Through the years, man has sought peace. Let us seek it where it must begin... within our hearts. May Christmas bring that peace that passes understanding.

Wishing you and your loved ones all the joys that the holiday season can bring!

Texas Southeastern GAS

EDITORIALLY SPEAKING

Lifeline For Humanity

During the holiday season we count our blessings and send forth greetings of joy to those specially dear to us. Traditionally, too, at holiday time our thoughts reach out to the wider circle of humanity everywhere. Our compassion for those less fortunate than ourselves is a key symbol of our deepest, finest human qualities.

Around the world the daily lot of millions of men, women and children is hunger, disease, despair. On their own they struggle valiantly to break the vicious cycle of poverty. But, through CARE, you can extend a lifeline for humanity, for these poorest of the poor in Africa, Asia, Latin America and the Middle East. You can feed hungry children, provide medical assistance and tools and know-how to grow more food and to work towards becoming self-sufficient.

The holiday season CARE Food Service appeals to you to help develop regions, ending this coming year, mostly children. At pre-school health centers and echo, regular

try, fresh fruits and potatoes. However, consumers will see higher prices for most other foods, with pork, eggs, dairy products and fish leading the way.

Turning to the food consumption issue, the economist points out that Americans will eat 1.5 per cent less food in 1975 than last year and that this will be the lowest level in seven years.

What can consumers expect during the first half of 1976? "Food prices will likely average about 7 per cent more than this year," estimates McDonald, "due to a strengthening in domestic demand and increased marketing costs."

Whether or not per capita food consumption will continue to decline in 1976 remains to be seen. "Americans are definitely becoming more cost conscious of food items and are paying more attention to their eating habits. These and other factors may entice many to 'push away from the dinner table' just a little sooner," notes the economist.

Most of these adaptations could be handled by the plant carpenter in a few hours. Hiring the hand-capped does not affect the employer's health or accident insurance costs. A survey group health insurance companies showed that the insurance carriers do not tell employers whom they may hire. One major carrier says: "The fact that a handicapped person is employable is sufficient evidence to justify group underwriting." Workmen's compensation rates are based solely on the relative hazards of company's operations and on the company's accident experience.

The President's Committee on Employment of the Handicapped reports that the average handicapped person who has received rehabilitation services returns seven times the cost of his rehabilitation in taxes he pays on his earnings.

Most major companies have positive policies about hiring the handicapped. These policies evolved not out of charity but out of the performance of handicapped people on the job. Businesses have, indeed, found it is good business to hire the handicapped.

THIS DAY

December 25, 1975 - This day is Christmas Day. It is observed throughout the world. Homes are bedecked with holly and Christmas trees are aglow with sparkling lights. But some two hundred years ago... Christmas at Valley Forge was not a happy occasion. The patriot soldiers shivered in the cold and ate their meager rations. But there was hope... for in Christmases to come, the patriot Army would win extraordinary victories and the cause of the American Revolution would triumph.

Happy Holiday

It's the season to be jolly! Here's hoping your holidays are filled with only the very best!

SHERIDAN LUMBER CO.

SHERIDAN, TEXAS
MR. AND MRS. JEAN WALKER

Bicentennial Flowers and Football



"AMERICA, LET'S CELEBRATE!" is the theme for the 57th Tournament of Roses Parade and 52nd Rose Bowl Game on New Year's Day, 1976.

PASADENA, CA.—When most Americans think of Bicentennial celebrations, they conjure up thoughts of historic places such as Lexington, Concord and Valley Forge.

Yet, two of America's most-watched Bicentennial celebrations will not be held in any of these places.

Instead, they will take place here—the 57th Tournament of Roses Parade and the 52nd Rose Bowl Game, both on New Year's Day, 1976.

More than 100 million TV viewers around the world will tune in the Rose Parade, which this year is themed "America, Let's Celebrate!"

The parade, designated as the first official event of the 1976 Bicentennial Year, features 61 elaborate flower-covered floats, 200 bands, and more than 200 floats.

Among highlights awaiting viewers will be a special Bicentennial Prologue, designed to capture the spirit of 1776, and a Bicentennial Wagon Train, symbolic of our nation's movement west.

Cornish will salute the U.S. on its 200th birthday in a special seven-unit segment within the parade—the first ever in Rose Parade history.

Flaiois representing Calgary, Montreal, Quebec and Nova Scotia will be joined by the Royal Canadian Mounted Police Musical Ride, the All-Canadian Pipe Band and the Canadian "Scarlet and Brass" Band.

Following the parade, what could be more American than a football game?

Ohio State meets UCLA in the 53rd edition of the Rose Bowl Classic, which pits against each other the football champions of the Big Ten and Pacific-8 conferences.

Buckeye Coach Woody Hayes will make his eighth Rose Bowl appearance as he faces off against Bruins Coach Dick Vermeil in the coaches' first Rose Bowl tangle. The game's half-time show features a Bicentennial salute to the U.S.

The 1976 Rose Bowl will be televised live beginning at 11:30 a.m. EST (10:30 a.m. CST) over the NBC and CBS Television Networks. The Rose Bowl follows exclusively on NBC, beginning at 5 p.m. EST (4 p.m. CST).

Fed. Minimum Wage Rate Up To \$2.30 Jan. 1

A hike of 20 cents an hour in the federal minimum wage will go into effect Jan. 1, 1976, a U. S. Labor Department official in Dallas reminds employers and workers.

Phillip F. Arrien, who heads the Department's Employment Standards Administration, in Albuquerque, N.M., says the new minimum wage, applicable to most workers, will go from \$2.10 an hour to \$2.30 an hour.

The increase was scheduled by Congress when it amended the Fair Labor Standards Act (FLSA) in May 1974.

Arrien said the minimum wage of those workers whose jobs were not covered by the FLSA prior to 1966 goes from the present \$2.00 an hour to \$2.20 on Jan. 1. They will catch up in 1977, when their minimum, too, goes to \$2.30.

Covered agricultural workers, those on large farms, go to \$2.00 an hour on Jan. 1, from their present \$1.80. They will reach the

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Christmas Inspires Interesting Customs

When the log is brought in, the men are greeted with singing and food. Later, fire is made and the family gathers around the log to await the arrival of the polanzik, a village lad. He must be the first to enter the house on Christmas morning. As he enters, he throws a handful of grain at each member of the family, asking a blessing as he does. The log is then struck so that many sparks will fly into the air, this means many sheep and other livestock for the household.

The polanzik next throws some wine on the log, leaving a coin at one end. This assures the family of prosperity in the coming year. After the ritual of the log is completed, the polanzik is feted by the grateful family for the rest of the day.

In Mexico, colorful customs add to the festive atmosphere of the holiday season. The most popular custom, as far as the children are concerned, is the tradition of the pinata. This is an earthenware bowl, decorated to resemble animals usually, and filled with fruit, candy, nuts, and coins. The pinata is strung up and the children gather around it as one youngster attempts to break the pinata, another youngster attempts. At last one of the children breaks open the earthenware bowl and its contents spill out for the delighted youngsters.

The Yule log came into use around the 16th century and again, this custom has its origins in pagan times. At the time of the solstice, a sacred fire would be lit from a brand kept from the previous year's log. It is thought that the custom was brought to England by the Vikings. In later times, the custom would be brought in with much ceremony on Christmas Eve to light the holiday fire.

The Christmas stocking is originally an Italian custom. Tradition has it that La Befana, a wandering witch, comes on the feast of Epiphany to fill the stockings of good children with gifts, and those of naughty children with ash. La Befana's name is actually a corruption of the word, Epiphany, the feast that commemorates the bringing of gifts to the infant Jesus by the Three Wise Men.

The exchanging of gifts dates back to early medieval times, and is probably inspired by the gifts of the Wise Men.

Christmas cards, however, are a fairly recent tradition. The use of cards dates back only to the latter half of the 19th century. They were an inevitable outcome of the practice of writing to distant friends and relatives at Christmas-time, a custom which came into greater favor with the increasing efficiency of postal systems.

The Christmas tree itself is believed to be derived from the use of palm trees in the worship of the Egyptian goddess Isis. During the winter solstice a palm tree with twelve shoots, representing the months of the year, was carried to



A cheery hello to all our many friends, with warmest wishes for a very happy Christmas season!

EAGLE LAKE IRON WORKS

WAYNE AND DARLENE BEHELER
EAGLE LAKE

Greetings

Holy Night

To give, to share is the Christmas tradition. Let there be joy and peace, wherever your heart leads.

EAGLE LAKE MOTORS

Mr. & Mrs. R. E. Altman
Eagle Lake

Season's Greetings

It's Christmas once again! May the season be a truly joyous one for you, our many fine customers. Thank you for your loyal patronage.

F. & W. FOOD STORE

GARWOOD, TEXAS

Season's Greetings

It's Christmas once again! May the season be a truly joyous one for you, our many fine customers. Thank you for your loyal patronage.

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Today's Christmas Traditions Derive from Ancient, Recent Times

Christmas as a formal observance has been celebrated by Christians since the third century. The word itself means Christ's Mass, commemorating the religious rites that commemorated the birth of Christ.

Originally, Christmas Day was celebrated on both January 6 and December 25. During the fifth century, the Western world adopted December 25 as Christmas, with Eastern churches following suit later on.

Because December 25 is the anniversary of the birth of the pagan sun god Mithra, Christians chose that date to honor Jesus as "The Light of the World."

In many ways, Christmas has served to replace the pagan customs of ancient times. For instance, in Germany, the winter solstice was observed on December 21 by pagans, and many customs of the pre-Christian celebration were transferred to the Christian holiday. Dramatic enactments of the birth of Jesus, Christmas carols, and the "manger songs" of medieval times were incorporated into the holiday celebration as time went on, replacing the old pagan customs.

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Glad Tidings Of Good Things

(By the Rev. J. Glen Kennell, Pastor of First Presbyterian Church, Eagle Lake)

How beautiful are the feet of them that bring glad tidings of good things. (Rom. 10:15)

The Bible is the messenger of glad tidings. It is not a book of good romanticism, realistic, serious as life itself at its deepest levels is serious. Nonetheless it is uniquely the book of good tidings. It pulsates with good news. It is the most joyful book in the world. At the beginning "the morning stars sang together and all the sons of God shouted for joy." At the end a great multitude which no man can number are singing hallelujah choruses.

First of all the glad tidings are of the sovereignty of God. In our text the Apostle Paul is quoting from the prophet Isaiah: "How beautiful upon the mountains are the feet of him that bringeth good tidings of good reigneth."

John Calvin preached the sovereignty of God. It is one of the great truths by which men live, and it is one of the great truths by which we need today as much as ever, perhaps more than ever, in the days of nationalistic pride, the prophets of Israel had to explain the disasters which had come to them, but God was not at the mercy of man's wickedness. The last book in the Bible, written in the teeth of bitter persecution, contains the most victorious assurance as this word from Isaiah: "Hallelujah, for the Lord God omnipotent reigneth." This surely is glad tidings indeed. To tell men

wood's Maternal and Child Health Division in the Department of Health Resources.

For the current year, Texas is operating under a \$20.8 million budget with an authorized case load of 75,000 persons a month. Approximately 60 per cent of those receiving supplemental food are located in the Rio Grande Valley.

The goal of the program is to have healthier infants, mothers and children, and the nutritional aspects of health are being emphasized. Trained nutritionists counsel with all participants. Lack of physical and mental attainments of nutritionally deprived youngsters has drawn the increasing attention of public health officials in the past few years.

The WIC Program works hand in hand with approved clinics throughout the state. Pregnant and lactating women, infants and children under age five are eligible to participate in an authorized program if they live in a low income area served by an approved clinic, if they are receiving reduced-cost medical services and are determined by a competent professional on the staff to be at nutritional risk.

The supplemental foods include milk products, cheese, eggs, iron fortified cereals, vitamin C enriched fruit and vegetable juices and iron-fortified infant formula. Changes in allowable foods may be forthcoming, but these changes apparently will be subject to state approval.

History of the year and a half old program indicates measurable nutritional and medical impact on participants.

The Texas Department of Health Resources has embarked on an enlarged program of bringing better health to babies, small children, new and expectant mothers through proper nutrition.

The Women, Infants and Children (WIC) Program is operating in 24 locations within the state with improved nutrition and health as its goal. In addition, five other WIC programs will be implemented soon.

The WIC Program is sponsored by the United States Department of Agriculture. It is administered in Texas through Dr. Connie R. Yer-

joyous and inspiring about that.

"How beautiful upon the mountains are the feet of him that bring glad tidings of good things. . . that with to Zion, 'Thy God reigneth!'"

"Behold," said the angelic messenger in Luke's lovely Nativity story, "Behold, I bring you good tidings of great joy. . . For unto you is born this day in the city of David a Saviour. . . That is the need which the Christian Gospel supplies. To sinful men it brings deliverance from their sins, setting their feet on a new and upward road. To guilty consciences it brings pardon and peace. To a lost world it brings recovery and

hope, "Immanuel, God with us." There is good news for a sinful world, for a guilty world, for a lost world. How beautiful are the feet of them that bring glad tidings of such good things.

Let's Look Back

48 YEARS AGO

(Sept. 10, 1927)

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